

second ends of the foot plate; [.]

pivotally mounting the foot plate [being pivotally mounted] at [a] the first end of the foot plate on the first end of the base [member] plate such that the foot plate is pivotal through a range of angles relative to the base plate [supporting surface] in which the foot plate extends upwardly over the base plate from the first end thereof mounted on the base plate to the second end thereof spaced above the second end of the base plate; [and]

providing an adjustable support plate pivotally mounted on the second end of the base [member] plate and extending outwardly therefrom to a free end of the adjustable support plate;[.]

arranging the adjustable support plate [being] to be pivotal between a stretching position [wherein] in which the support plate extends upwardly from the base plate and the free end of the support plate engages a selected one of the stops on the lower mounting surface of the foot plate such that the foot plate is supported above the base [member] plate at a fixed angle therebetween within the range of angles and a storage position [wherein] in which the foot plate is oriented substantially flat adjacent the base plate [member] with the lower mounting surface of the foot plate adjacent the upper mounting surface of the base plate;

gripping the lower gripping surface of the base plate on the ground;

adjusting a relative angle between the foot plate and the base plate within the range of angles corresponding to a desired degree of stretching;

pivoting the support member to extend upwardly from the second end of the base plate;

supporting one of the stops on the lower mounting surface of the foot plate on the free end of the support member corresponding to the desired degree of stretching;

placing substantially the entire foot of the person on the foot plate with a heel of the person adjacent the first end of the foot plate and corresponding toes of the